

Risk Factors & Warning Signs

Risk Factors

A risk factor is something in a person's life that increases the chances they may have thoughts of suicide. Many people have risk factors and each person's experience with them is unique. Having risk factors does not mean a person will develop suicidal thoughts. But being aware of them in ourselves and others, is one of the first steps to knowing when help may be needed.



Some mental health conditions or mood disorders



Using drugs, alcohol, or smoking



Being bullied, rejected, or discriminated against



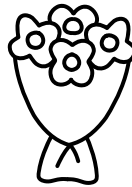
Experiencing any kind of abuse



Risky or impulsive behaviors



Feeling worthless or like a burden



Recent loss of a peer to suicide



High level of stress or new stressful events

Warning Signs

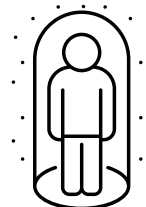
Warning signs are clues that may mean someone is thinking about suicide. If you notice these in yourself or a friend, you should seek help from a trusted adult. If you notice these in a friend, you can think about ways you feel comfortable checking in with and encouraging them.



Suddenly acting different or starting a risky behavior



Giving away things important to them



Isolating themselves from people



Hurting themselves



Talking or posting about suicide



Looking up ways to hurt themselves



Saying goodbyes to people important to them

